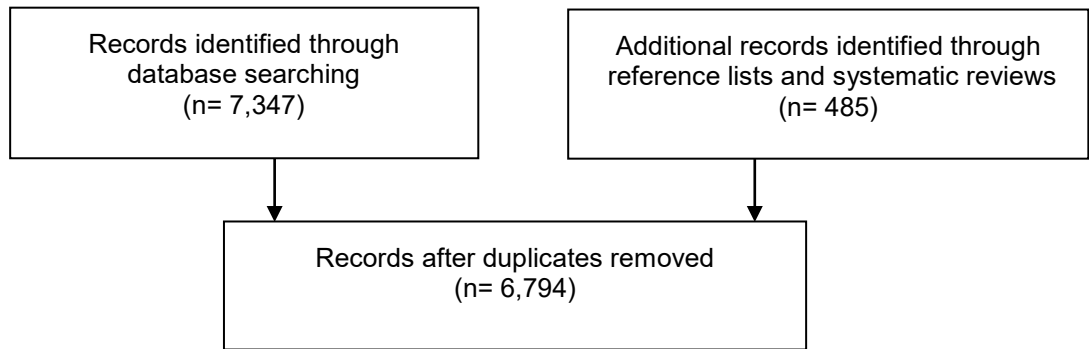
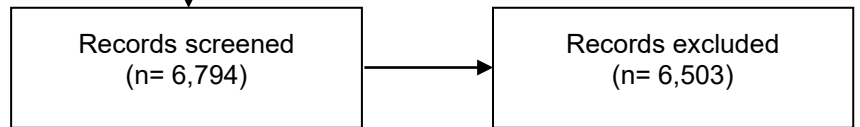


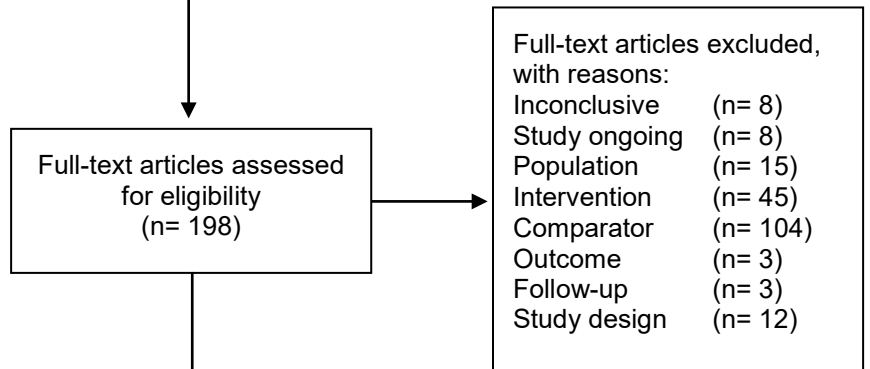
Identification



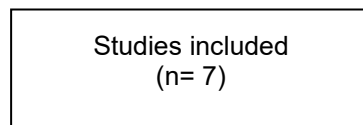
Screening



Eligibility



Included



Author	Year	Country	n=	Inclusion BMI	Mean BMI (kg/m ²)	Mean Age (years)	Male (%)	Group Intervention			One-to-One Comparator		
								Interventionist	Setting	Contact (hours)	Interventionist	Setting	Contact (hours)
Appel	2011	USA	277	30-50	36.4	55	36	Weight Loss Coach	Primary care	55.3	Weight Loss Coach	Remote	11
Ash	2006	Australia	128	>27	34.0	49	29	Dietitian	Outpatients	14	Dietitian	Outpatients	NA
Heshka	2003	USA	423	27-40	33.7	45	16	Group Leader (Weight Watchers)	Community	NA	Dietitian	-	2.5
Jebb	2011	UK Australia Germany	772	30-35	31.4	48	13	Group Leader (Weight Watchers)	Community	NA	Nurse or GP	Primary care	NA
Jolly	2011	UK	540	>25	33.6	50	32	Group Leader (Weight Watchers)	Community	12	Pharmacist	Pharmacy	3.75
								Group Leader (Slimming World)	Community	18	Primary Care Nurse	Primary care	3.75
								Group Leader (Rosemary Conley)	Community	18			
								Food Advisor	Community	12			
McRobbie	2016	UK	330	28-45	35.4	46	29	Psychologist	Primary care	18	Nurse	Primary care	3
Tur	2013	Spain	106	>40	46.2	48	33	Nurse	Outpatients	46.5	Dietitian & Endocrinologist	Outpatients	NA

BMI = Body Mass Index, NA = data not available

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of outcome assessment (detection bias)	Incomplete outcome data (attrition bias)	Selective reporting (reporting bias)
Appel 2011	+	+	+	+	-
Ash 2006	+	?	-	-	-
Heshka 2003	+	?	?	+	?
Jebb 2011	+	+	-	+	?
Jolly 2011	+	+	-	+	+
McRobbie 2016	+	+	+	+	+
Tur 2013	?	?	-	-	-

